

No. 13

On Tobacco

1154

By George Washington
of
Virginia

Published March 14th 1823

On the pernicious effects of the habit of chew-
ing, Smoking, or Snuffing Tobacco.

Concerning it the duty of a physician to prevent as well as cure disease, and consequently to prevent and correct immoral habits, (which have a pernicious influence on health) I have chosen, as the subject of my inaugural dissertation the habit of chewing, smoking, or snuffing tobacco, which I shall endeavour to show, is a progesit cause of disease, and also has an immoral tendency.

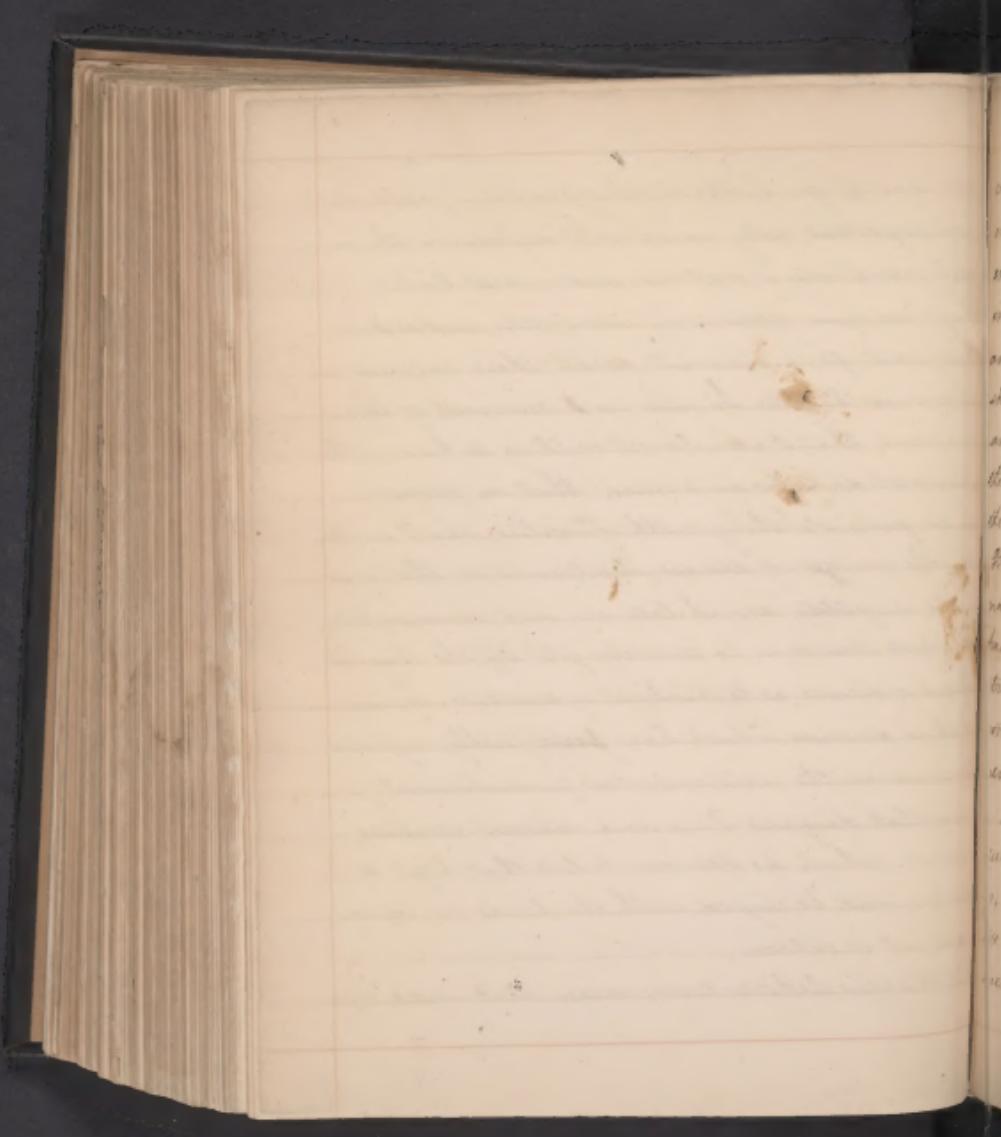
I have long entertained the opinion (which has been confirmed by experience) that it is imprudent, and even dangerous to indulge in any habit, which is purely one of luxury. By such a course, we contract the habit of indulging in luxuries, and yielding to our natural propensities (which are generally evil) and thereby lose, or rather neglect the attainment of that self-command, which is so much in-

stance as regards morality and health. By forming this general habit of yielding to the evil propensities of our nature, reason is made subservient to passion, and that which was given us to govern, is governed by that which it was intended to control. Thus do we pervert the intentions of our all wise and munificent Creator, who gave us strong passions, but at the same time, endowed us with reason to govern them, and give them a proper direction, that they might be a blessing instead of a curse.

I also conceive it the duty of every man to contribute his mite to the general fund of human happiness, and therefore to aid and support with all his influence, the cause of virtue and morality. If this opinion be a correct one, and I flatter myself every good man will readily subscribe to it, much more than may say, is it the duty of the physician, whose particular duty it is to prevent disease as well as re-

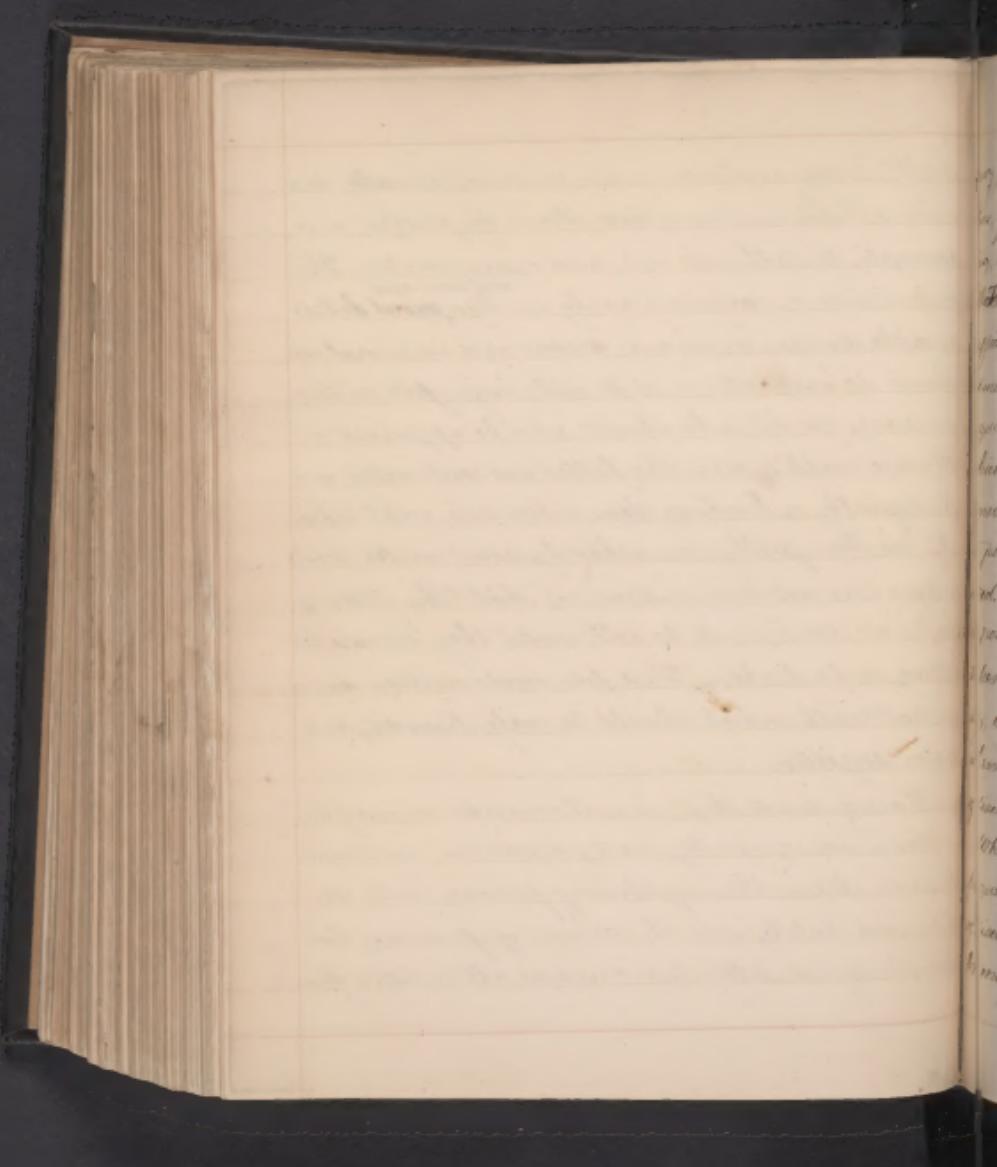
the health, for in the discharge of this particular
and important duty, much will depend on the gen-
eral prevalence of virtuous and moral habits.
but no man of common observation, and experi-
ence, will, for a moment, doubt their salutary in-
fluence on health. So fully am I convinced of this
influence, that I am almost willing to hazard, by
laying it down, as an axiom, that, in proportion
as we promote the growth of virtue, shall we re-
duce the range of disease. Certain it is, that if we
could completely annihilate vice and immorality,
the shock would be so severely felt by the long cat-
ologue of disease, as to hurl out of existence, many
of those diseases, which have ~~been~~ justly inflicted
on man as the well merited punishment for
sin, that disgrace him as a rational creature,
and for which he deserves to lose that high de-
nition, and be classed with the brute, or in-
stinct creation.

It therefore behoves every man, but more espe-



ually, every member of the medical faculty to whom
was all his influence, and strive by precept, and
example, to delineate vice, and crown virtue. The
importance of forming early in life, ^{virtuous and} ~~moral~~ habits,
and the danger of forming vicious and immoral ones
should be earnestly, and forcibly, impressed on the
unwary youth, who should also be apprised of
the ease with which the latter are contracted, and
the difficulty of breaking them when once established.
It has been justly remarked by some writer (whose
name I do not now remember) that "the fetters of
habit are too light to be felt, until they become too
strong to be broken." These few words contain an im-
portant truth, which should be early learned, and
never forgotten.

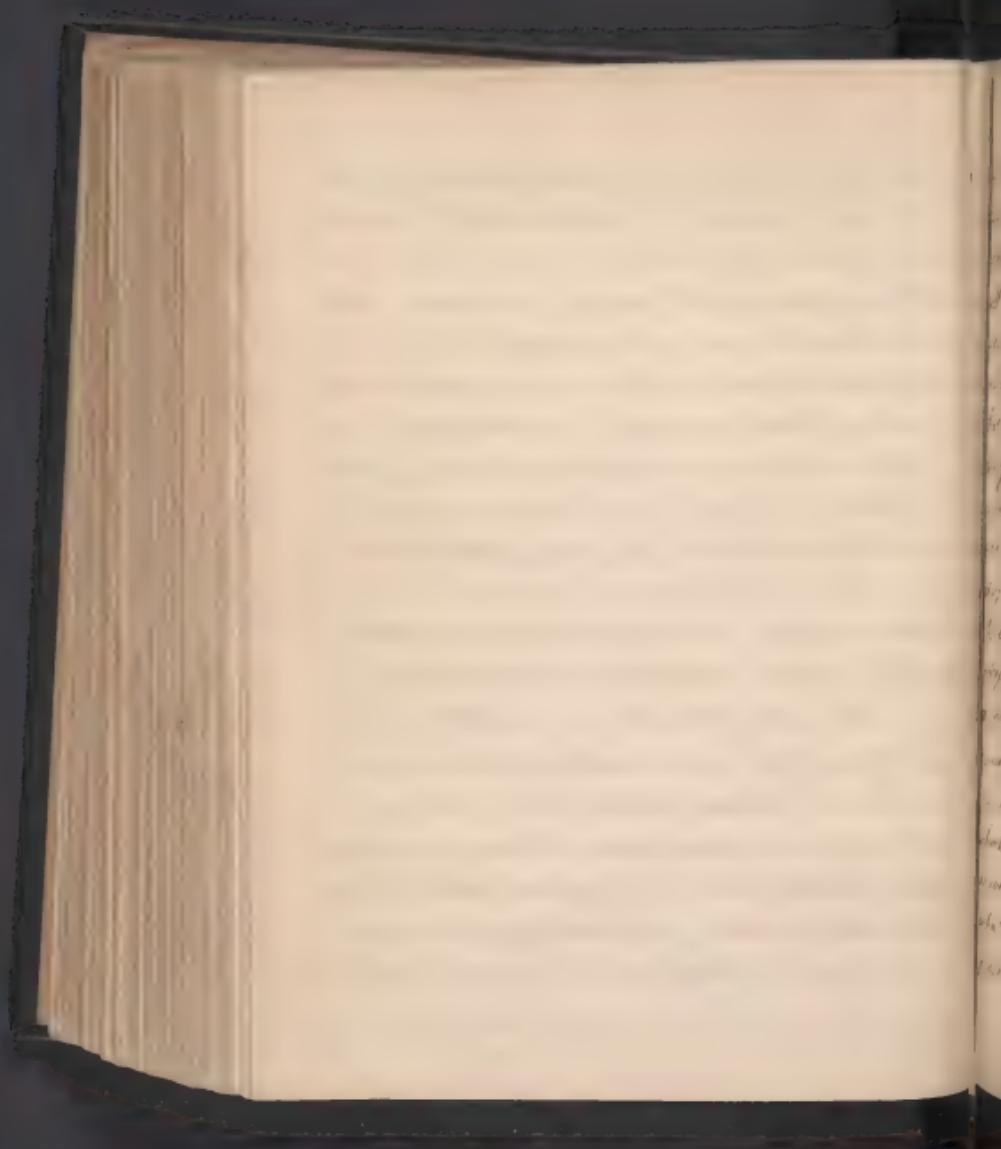
Having made these general remarks on one of the
duties of men generally, and physicians particularly,
and also on the importance of forming early, in
life, good habits, and the danger of forming bad
ones in which latter class I include all habits of life,



15) I shall proceed to the more particular consideration of the expenses consequences of the habit of chewing in smoking tobacco.

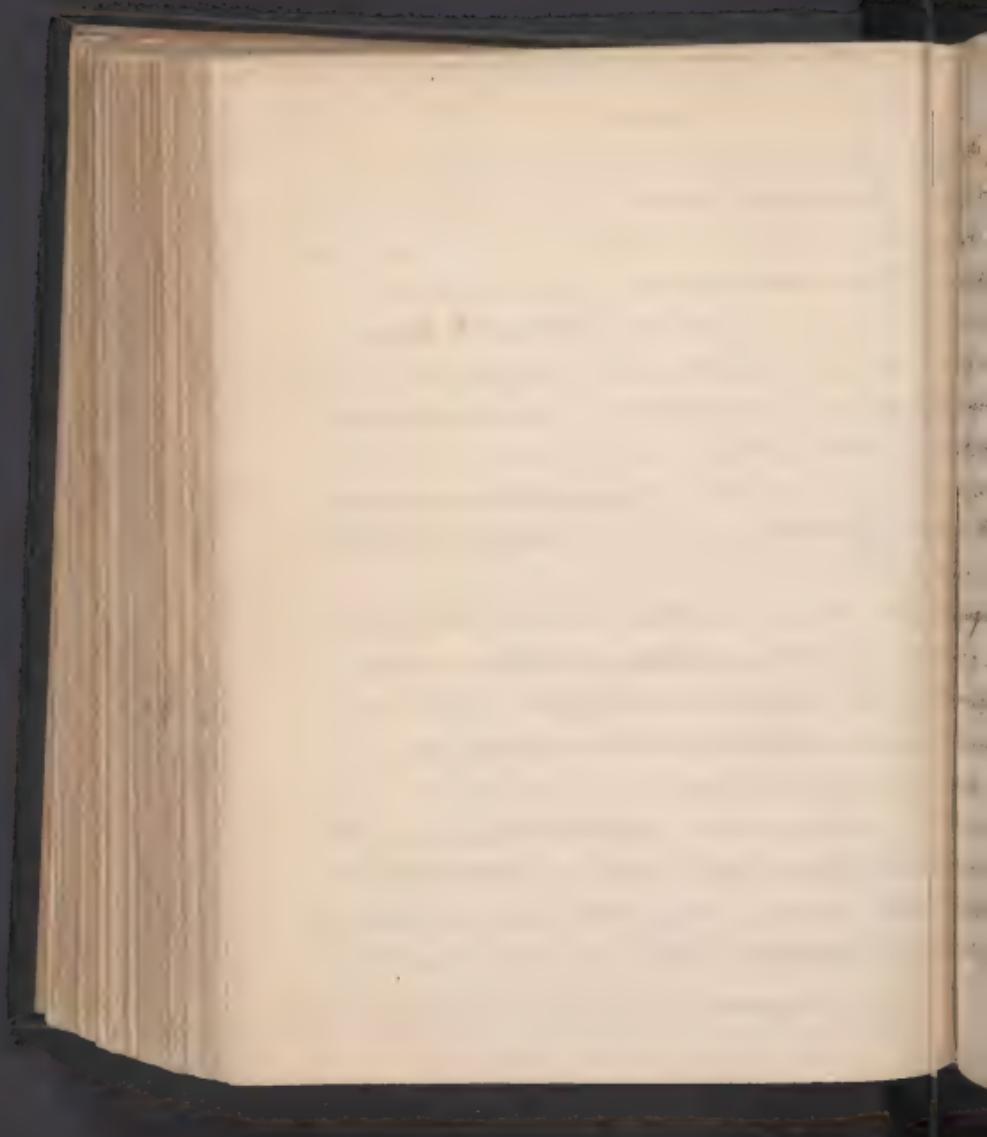
Few habits are more common than this, and yet few are worse when once contracted. Smothing tobacco, disagreeable at first, yet when once we have had a taste for it, there is no luxury with which we would not as soon part as this one of smoke though now禁煙, &c. &c. To every where & place are sold, and its favoritism abounding. Like opium it calms the agitations of our spiritual frame, and sooths the irruptions and stirrings of the mind. But, like most articles of luxury, it is seldom used with moderation, and so carried to excess, becomes a frequent cause of disease, and should therefore be discontinued with. When chewed or smoked to excess, tobacco is a great cause of dyspepsia and the term, tobacco, would be consonant in an impaired digestion. It may produce this effect in several ways.

By depressing the food or a large portion of the salivary which was intended to be taken with it into the stomach and is very essential to its proper digestion. In this impairing the quality of the salivation. Being a vice stimulates and acts directly on the salivary glands it excites them to an involution or causing them to secrete a much greater quantity of fluid, than was required of them by nature and I think it may be laid down as a general rule, to which there are few if any exceptions, that if by any unnatural stimulus, any gland secreting organ is made to secrete a greater quantity of fluid than it was intended by nature should be secreted, when in a healthy state, the quality of that secretion will be impaired in proportion to the increase. Nature made certain organs to perform certain offices, allowing to each certain though of time, to perform well its own particular duties. Now if for the intermission of it, that time be shortened or, which is as ef-



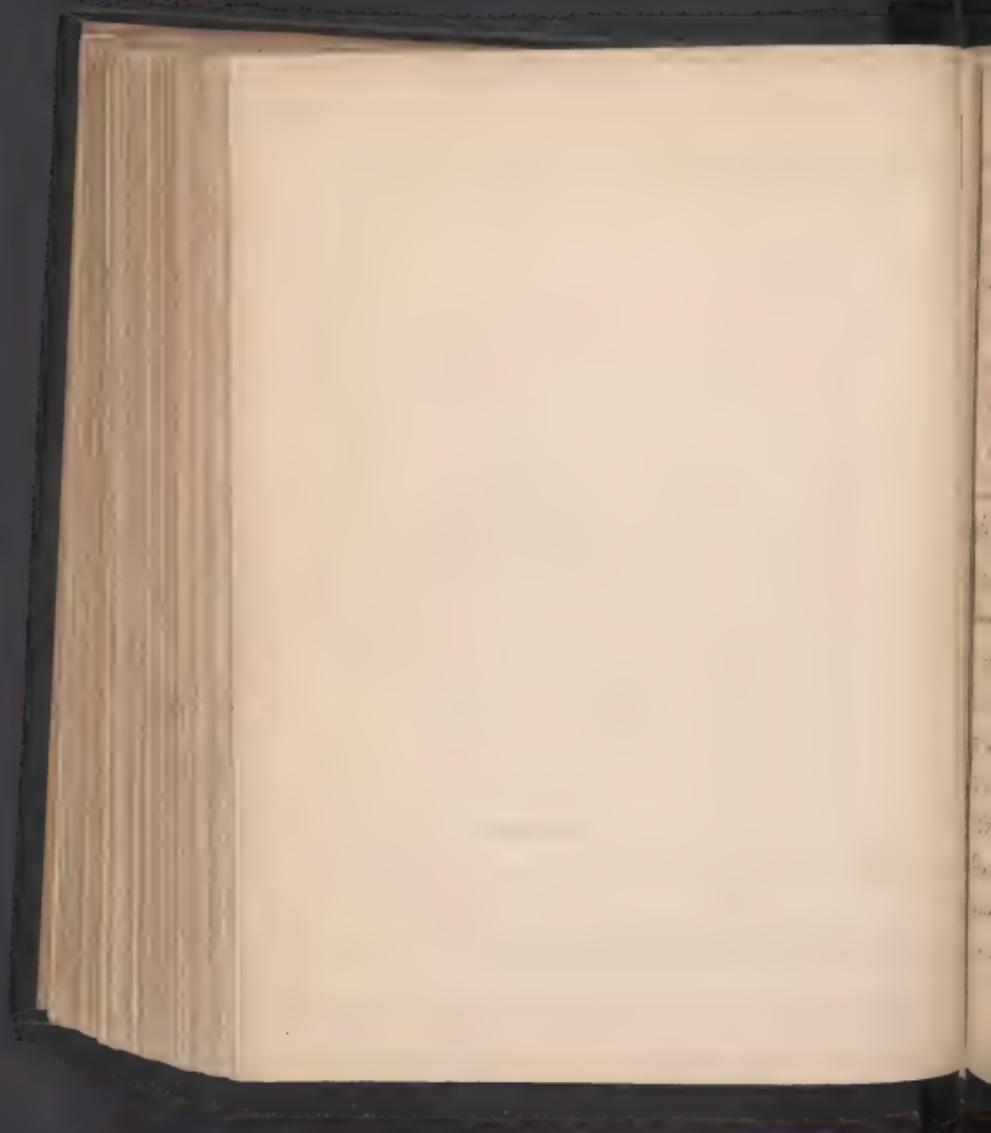
for the same, the labour to be done is, so that
will be much increased, can it be reasonably
expected, that this labour so much increased
will be as well executed, as if more time had
been allowed for its completion? I think it
cannot. If I be correct in this, may I not conclude,
that tobacco, when chewed, or smoked, impairs
the quality of the saliva by causing the saliva
to secrete, in a given time, a much
greater quantity of saliva, than nature requires
of them?

If then it be admitted, that the saliva, of this
absorbing certain, peculiar qualities, is necessary
to proper digestion, (which I believe is now demon-
strated) and also that the quantity must be
proportioned to the demand made by the food.
Such demand will be regulated by its quality
as well as quantity, it following irresistibly, that
whatever impairs the quality of this fluid, and
increases the load of a part of its demand, will in-



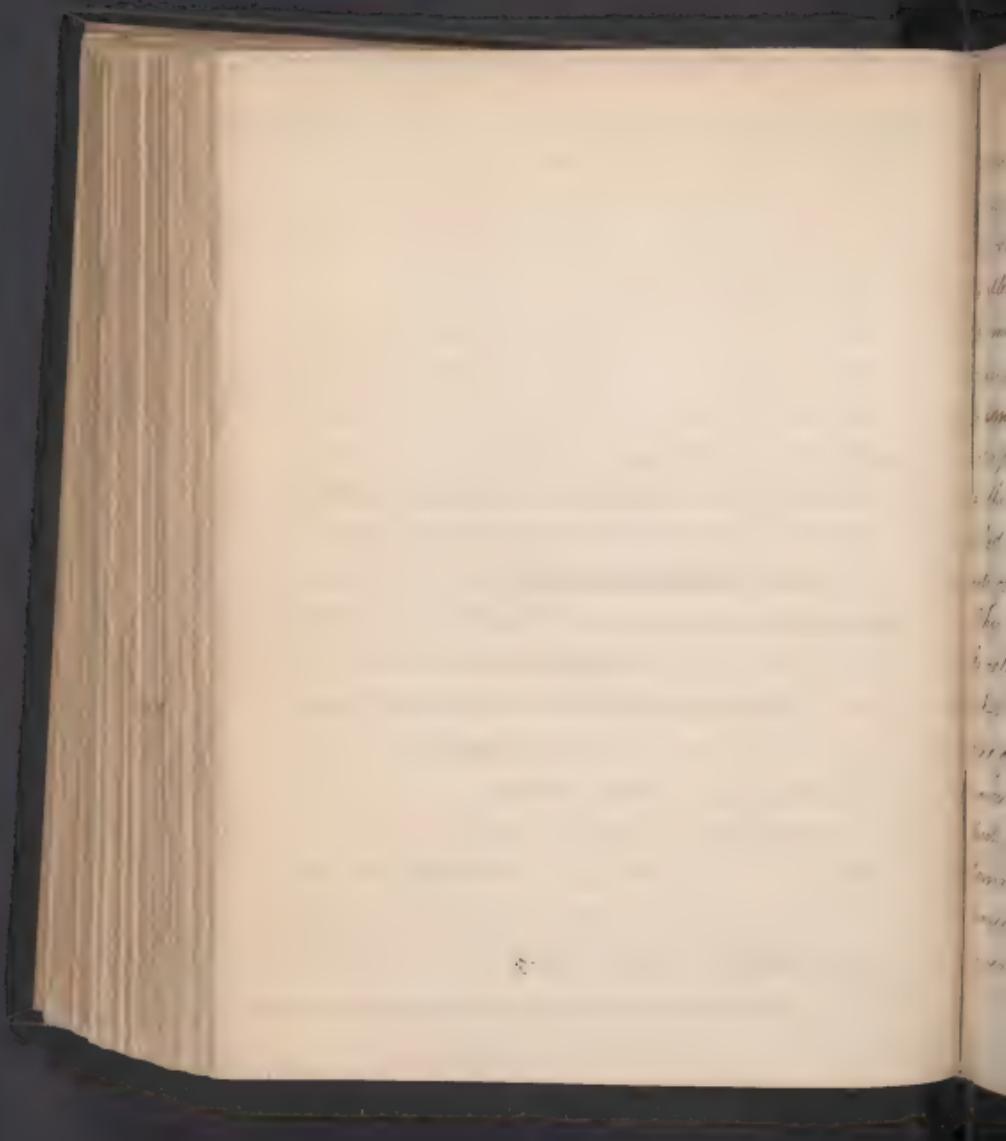
intable, prevent its proper and complete digestion. When this is done, that tobacco, when chewed, will produce each of these symptoms, inconveniences, in this way, it prevents proper digestion. What we are capable of rendering popular the digestive, will, will, if continued, continue, or rather increase that secret, until at length it becomes a disease called dyspepsia, tumultuous and disturbing in its occurrences, and tedious and difficult in its cure. It therefore follows, that the habit of chewing or smoking tobacco, which is a very prevalent and frequently produces dyspepsia, by depriving it of its salivary portion, saliva, and also, in impairing the quality of that fluid.

Tobacco when chewed to excess, may be known as this disease, by either its direct, or indirect action on the stomach. By, every chewer of tobacco, more or less of its smoke, which is exhaled, or inhaled, is unavoidable, swallowed and then excreted, in the stomach. That this mucus is not



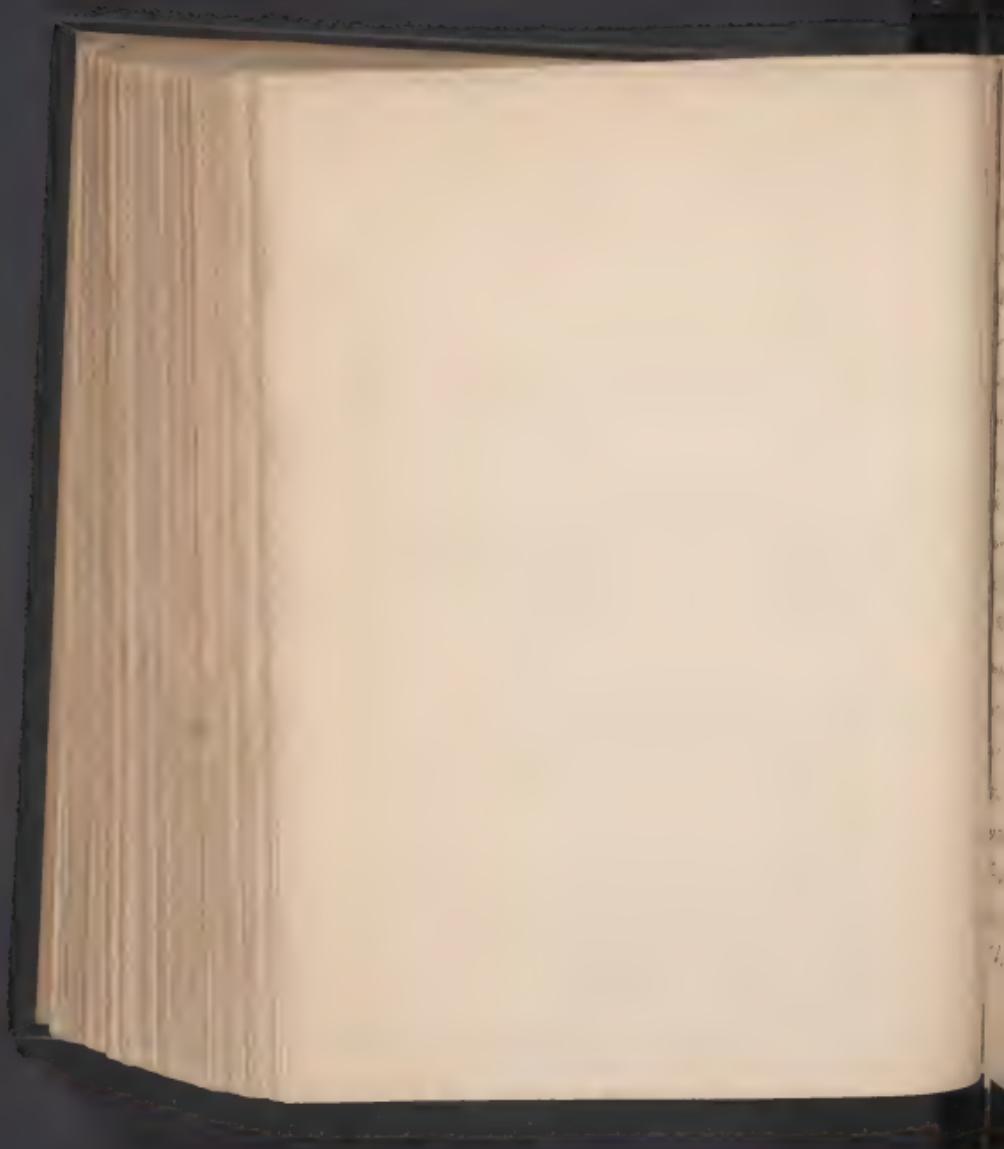
similar to it, arises evidently from the action, and i.e. fatal consequences that have ensued from a small portion of it having been swallowed. It is also known as one of the most noxious poisons. It acts evilly, any, stronger, and more frequently applied, or long continued to the stomach will injure its tone, and thereby weaken its digestive power. This is well established by reason, observation, and experience. And that tobacco is a poison, and acts as a stimulus in vomiting, is a fact that has been observed in many and will not be denied. It is known to those who use it, that it acts as a stimulant. Hence the vicious, that when chewed to vomit it impairs the tone of the stomach, and consequently digestion, but directly acts on that organ.

It also produces a similar effect in写字. But there is a connection, among all the connections between the stomach, and the lungs, since, I consider it must be a well known



and this is a common result, and sometimes
nothing is produced but simply, chewing a small
quantity of any of the same tobacco, which will
satisfy all who have made the experiment.
It is not difficult, in brief, to perceive in some degree
the alarming degree, however occasioned by, more
or less, the chewing, the unwholesome drug, though
in a particle, it can occur even into the stomach. You
will easily be satisfied to explain until it be
subject to the well known laws of sympathetic? Had
not : no other rational explanation.

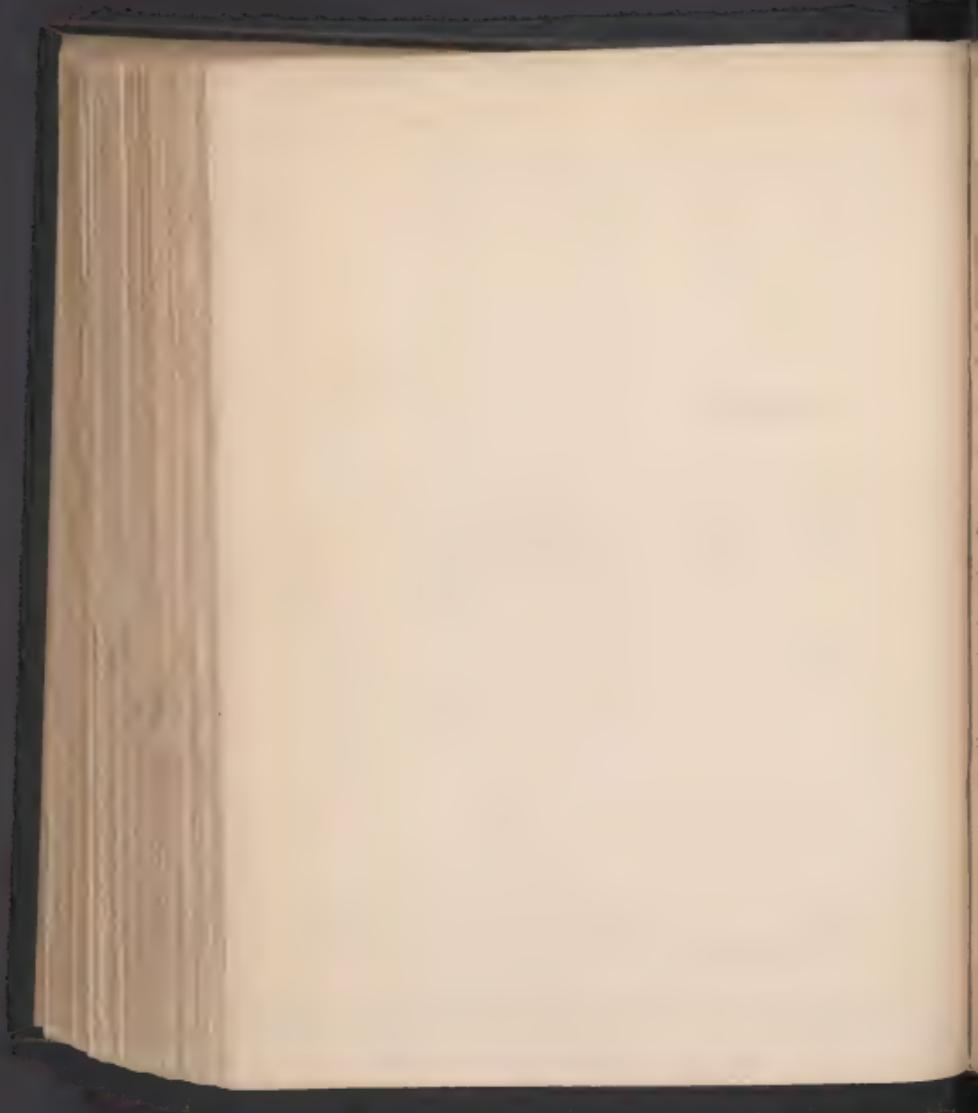
The sympathetic connection, is also subject to
a reflex which is often experienced in cases of
diseases of the stomach, from merely chewing or smoking
any of the carminative, aromatic, &c. It will
occur even in the foul tongue and sore throat
but is often an symptomatic of a disordered
stomach. But who, I suppose, knows the cause
of this, in passing that which is now con-
siderably acknowledged?



In regard to the established, it follows as an
easy consequence, that tobacco when chewed, acting
with great activity on the tongue, fauces &c, may
not the stomach enjoy health, and then is conten-
tious with, continues its indirect action on this organ
as well as impair its tone, equally to the gen-
eral evils mentioned above. From this and
other less prominent, and it follows, that
whether chewing tobacco to itself may
not often does produce dyspepsia by its indi-
rect, as well as direct action on the stomach.

The above remarks are applicable to the habit of
smoking though not with equal force. The smoke
of both smokes and endenters on the stomach
at first produces a strong stimulus as the
smoke in certain instances, I suppose it does
not though admits, yet not so great.

but tobacco when heated or smokes more easily
acts on the stomach, and also on the intestines
how ever the power it does producing as such



most immediate disposition to go to stool, thus a few
very prompt, as a mild cathartic. I am well ac-
quainted with a young gentleman of undoubted
sanctity, who has frequently told me, he often does
not smoke a cigar, that it does not almost
immediately, act in this way on him, and that
when active he generally waits to this place
not remedy, which rarely fails to have a
very effect. I have myself done the same
the effect on him, however, has been, unsuccess-
ful. I have, however, resolved to absent himself
from company, to obey an urgent and imper-
ious call of nature.

I have often experienced a similar effect, from
having, as well as another. With me, always
at the stomach, an extreme debility, sometimes
marred the disposition to stool. This arises, I
believe, in the stomach and rectum, must
also be referred to sympathy. It is necessary, in
such a case, to consult our physician's opinion.

to what I have already said on attempting to
prove the habit of chewing, or smoking tobacco a
requent cause of dyspepsia, I will merely add
this fact: That the disease is very common
amongst chews and smokers. This assertion
is not rest upon my own observation alone. It is
supported by the high authority of the present
supp'g the theory and practice of physic in the
university of Pennsylvania, whose enlarged ex-
perience, and habits of accurate observation entitle
him to it. Dr. C. W. W. Morris, says he "Both
chewing and smoking tobacco are frequent cause
of dyspepsia, and of other diseases." The author
of who has however applied the name
of dyspepsia to the complaint in other de-
scriptions. The disease, or disease reported
as either chewing or smoking tobacco. Foster
full am. I have had this disease for many years
in the former, and I can assure you it is
as bad as it can be, even tho' I have now

... to the upper parts who are slaves
there. There will be no such a power, of y
shall it be, ^{must} that we have, in our slaves, who are
not, for it is known, as you continue their use, so long
as we do, that they are impeded. This
situation, made from memory, is not in the sec-
ond part of the Prophets, though I know he ~~wrote~~
not as a party, excepted, and I doubt not will
be manifested by enlightened, judicious, persons.
Cardialgia or heart-burn also is a frequent consequence
to the use of tobacco. This affection is often very
malicious, and is produced by the action
of the acid f. most taken, a general conse-
quence of impeded digestion. The habit of chewing
spice however, may produce this disease, ~~so~~ con-
sider. A portion of tobacco is swallowed, which,
being in the coats of the stomach, will occasion that
very unpleasant and execrable, distressing sensi-
tion called heart-burn. This it is, also

and it is to decompose the poisons of the stomach
- a part of that animal, with which it is necessary
as they should be accidat, to prevent their con-
tact with the coats - the Stomach?

The nervous system also, seems to suffer
from the excesses in - tobacco. This I know
from experience and observation. I was once in
the habit of chewing and smoking to great excess, &
have often had my nerves so much affected by it,
as that I could with difficulty, write, intelligibly,
my own name, and have sometimes been unable
to stand, in consequence - a general nervous
nervous, accorn, caused with extreme debility. This
we just seem to be as usual to the tobacco when
with me no doubt, for I could always distinctly
trace them to this cause, as to no other, always
performed them, to be interested by it, it continued
me, and generally experienced with soon the
continuing it.

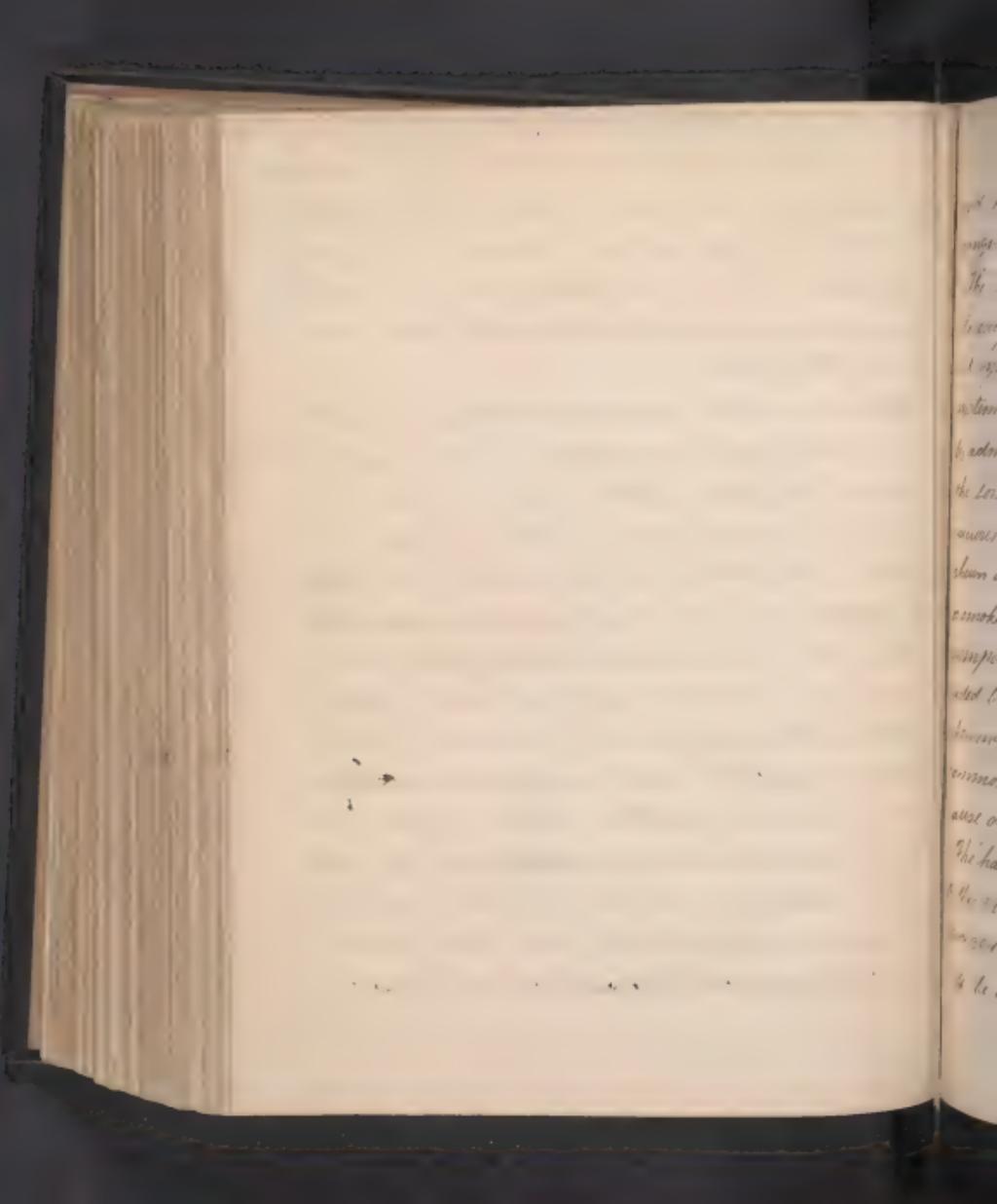
I have also observed the nervous tremor, was

met a man in prison who was extremely
unfortunate, except in the use of tobacco, in
which they indulged much, as I ever wit-
nessed in the most confirmed drunkard.

I am intimately acquainted with an old man
of human, who has been all his life ~~an example~~
of temperance, in both eating, and drinking, his
diet having been almost entirely confined to
milk, and he drink the pure and simple tea
mug of nutmeg, having never since he was 70
two years old tasted a spirit of any
kind, nor ever drink even cider. He was
now however, an excessive chewer of tobacco, and
has long been a great slave to the pipe, in conse-
quence of which, his nerves are gradually so much
upset, that it is with the utmost difficulty he
can write a word intelligibly, and sometime can
barely hold his pipe while smoking. He has had
no other nervous symptoms, particularly violent
headaches, to which he is very subject.

If necessary, I could adduce many similar examples (though perhaps not quite so strong) in support of the opinion. I have advanced, but as it would be an unnecessary waste of time, this shall suffice for the present.

That there is nothing unreasonable, or inexplicable in this effect, is manifest from this well known law of the animal economy: viz. That any strong, active, and unnatural stimulus, frequently applied, or long continued to any part of the nervous system, will eventually extend its baneful influence throughout that system, affecting, at one or by a percolating on the activity of the stimulus; the frequency or force, center, and of its application; as also in the consequences of the person to whom it is applied. Tobacco is a strong active, and unnatural stimulus, which is, by long use and smokers, frequently applied and long continued to a very sensible part of the nervous system. Consequently, when thus used, it may



and no doubt often does produce a general derangement of that system.

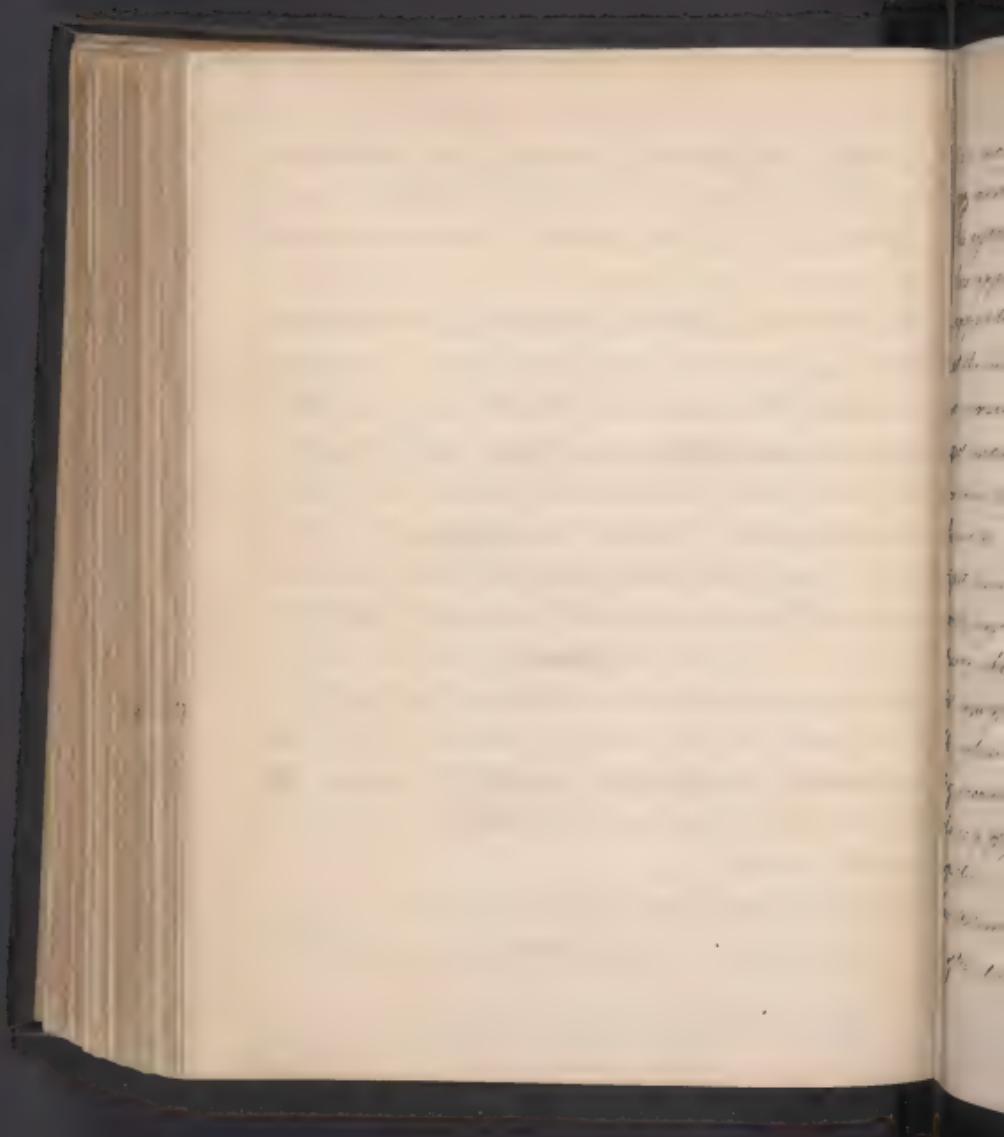
The nerves may suffer in another way, from the excessive use of tobacco. The general and powerful sympathetic influence of the stomach on that system, is now very generally, if not universal, by admitted. Whatever the evil smoking affects the former, has its influence on the latter. The previous effects of tobacco on the organ have been shown above. Please it, friend, that when tobacco is smoked to excess, it affects the nervous system sympathetically. The nerves therefore are affected both directly, and indirectly, by the habit of chewing or smoking tobacco. This habit is a very common one, consequently, it is a frequent cause of nervous affections.

The habit of smoking is very injurious to the teeth. Of this I think there can be no doubt. We have the strongest evidences of the fact. Whether this effect is to be ascribed to the heat, or to some peculiar

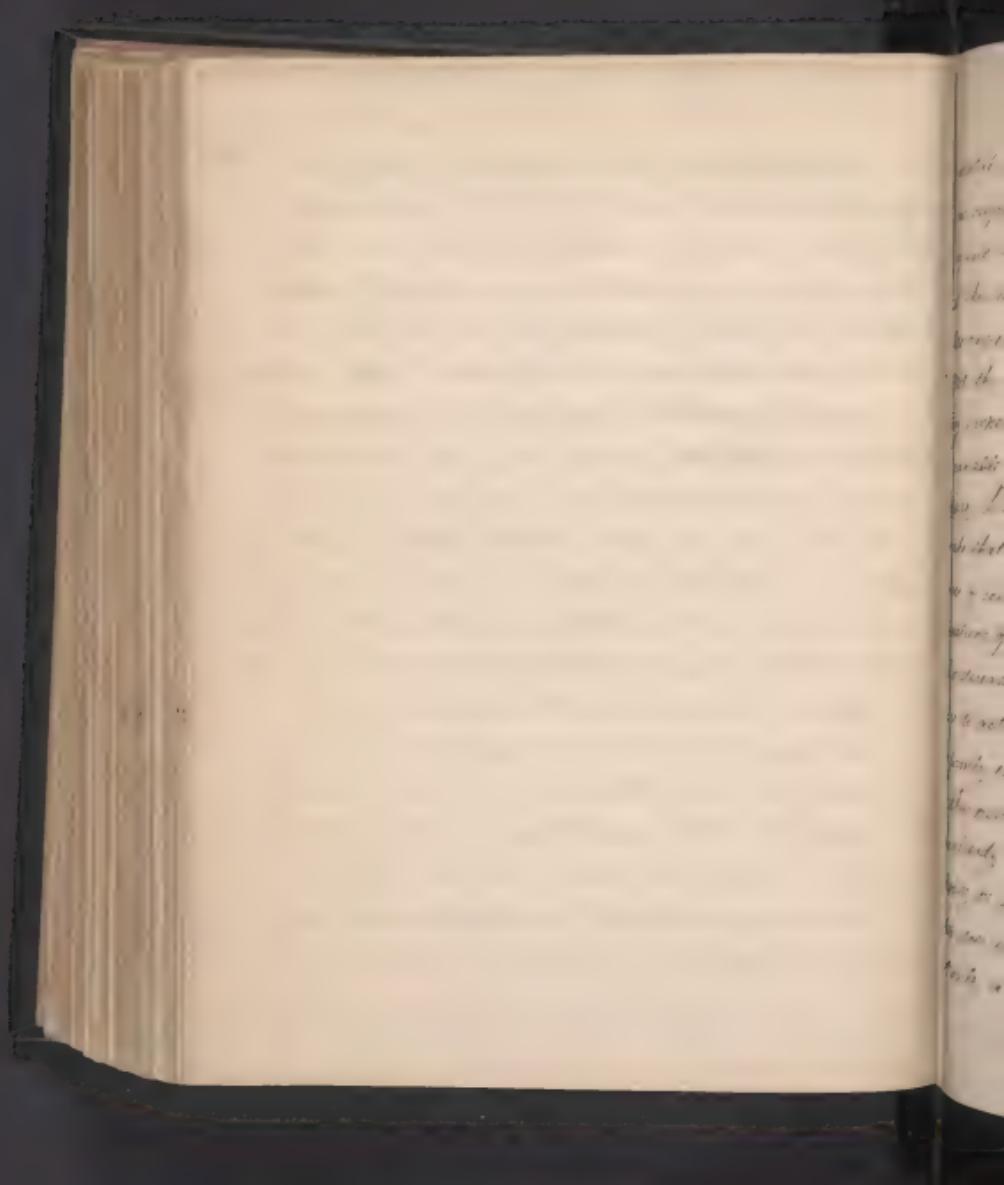
qualit, or the smoke of tobacco, I am not prepared to say, I think, however, it may, with more propriety be avocated to these two cauatoe combinatio: than to either one alone.

Although the chewing of tobacco is generally believed a preservative of the teeth, I am induced to entertain the opinion exactly the reverse of this. The gums must often be inflamed, by the application of as active a stimulus as tobacco. And what evidently affects them, will, in my opinion, either directly, or more effectually, also affect the teeth. Besides, this is generally mixed with the manufactured tobacco (which is the kind most used), for the purpose of improving its appearance, certain articles which I think highly probable, are very injurious to the gums and teeth. I am however not fully prepared to defend this opinion, and will therefore let it rest for the present.

It is also supposed, that the excessive use of tobacco will impair the faculties of the mind. This



not prepared either to affirm or deny, from
my own observation. But that it may have
this effect I can now readily conceive, at least
there appears to me nothing unreasonable in the
supposition. That it does in some way, or other, af-
fect the mind, there can be no doubt. Indeed, what
we visibly affect the body, must in my opinion
not more or less, affect the mind. To view and estimate
these sympathies, that it is most impossible for
him to know an injury, and the other not per-
ceptible in it. That the health of the body, is very se-
verely injured by the excess of smoking tobacco, has been
fully shown. The mind therefore must share in
the injury. Again, all smokers exercise a consider-
able influence over the mind. For, whatever is capable
of producing intoxication must act on the mind.
Hence tobacco is both narcotic, and intox catizing
especially. All who have used it will doubtless give
the testimony in support of this question, have
often been relieved by it from corporal and



ental suffusion, and it is well known, for
example, of having been made, and to obtain
and smoking tobacco. I have myself experienced
this unpleasant effect, most thrice once, I have
experienced its narcotic effect. Of these too
not the mind by, both it is inebriating & intoxicat-
ing properties, and like opium and alcohol spirits,
capable of producing, in it, at least a temporary
swoon. Like them also if long continued it may
make that injury permanent. For whatever health-
ens or converting the natural or healthy actions or
operations of either the mind or body, into unnatu-
ral diseased ones, will by the same power, if it con-
tinues to act, so completely destroy the former, and
firmly establish the latter, as to render the in-
jury done irreparable. From this and what has
already said, it follows, that the habit of either
drinking or smoking tobacco may, and no doubt
does inflict on the mind as well as body,
not only a temporary but permanent injury.

to them
have on
just to
not on
glance to
full on
yester
day you
say
not th.
not me
not be
the same
not out
not ha
less to
and to
not man
no less

For, there ought not the actors and permissioners
use, no much or not a luxurii, be discarded; Does
it not deserve as ever, friend to man, as to all
and important duty, to exercise all his
influence to check the excessive consumption & the
valuable medicine, but much abused luxurii?

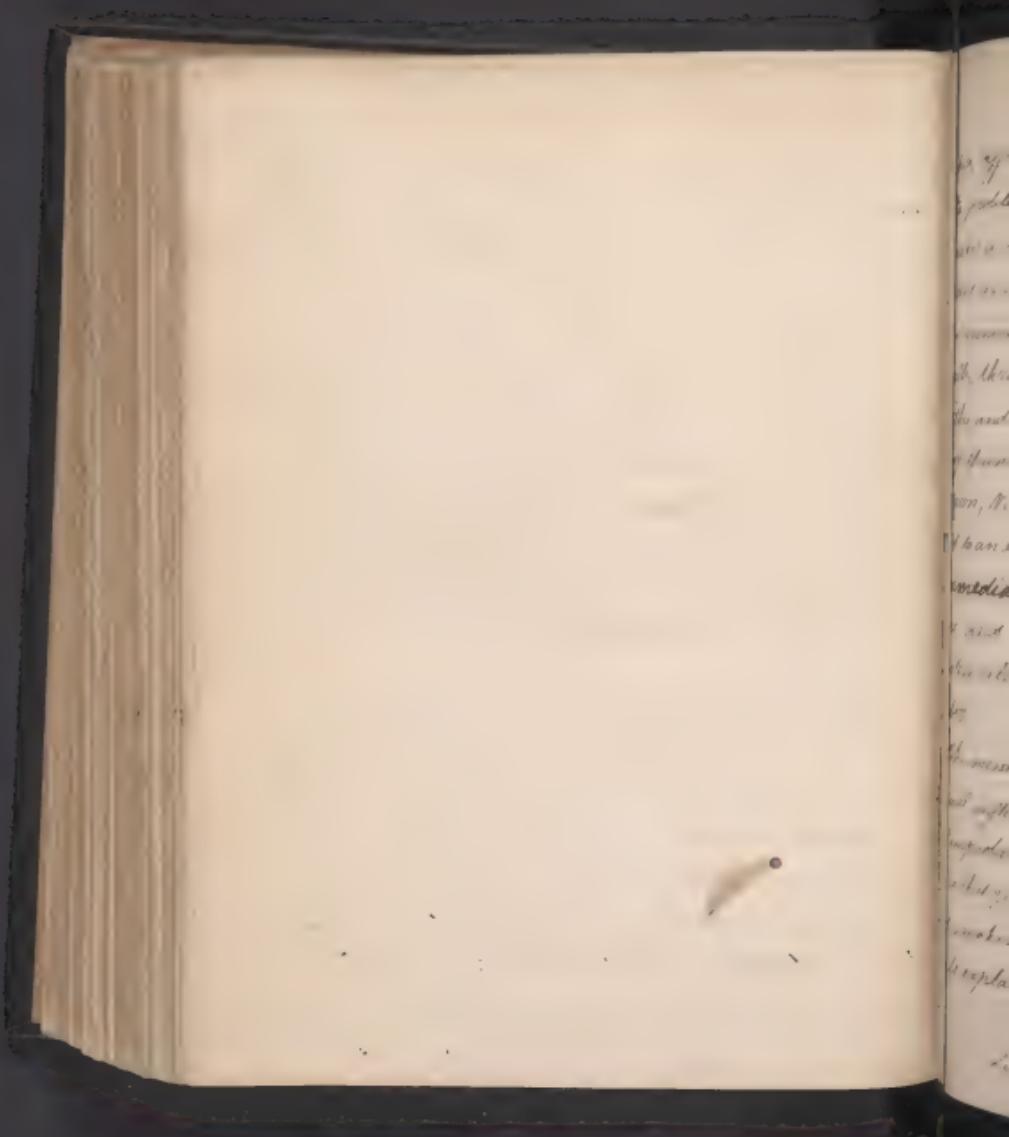
All who will seriously and impartially consider
these questions, must, in any opinion, answer
in the affirmative, and with one, loudly, exclaim
against the abuse, as an entering to torment I boot.
Much more then, is it the duty of the Physician,
what particular duty it is, (as before observed) to pre-
vent disease, as well as restore health, to endeavour
to stop, and arrest if possible this great and in-
creasing evil.

Do not I have said nothing of the use of tobacco in
the form of snuff. It is also very deleterious in the
form. Look at an excesser snuffler, and you behold
strong marks of impaired digestion, and infirm last
in him lean, pale, & sallow, ~~as sometimes~~ considerab.

16-222
most
so far
and
not many
d. by an
immigrant
the best
that is
impaired
consequently
degenerate
the law
said
the
where
for 20
will now
not

interrogate him as to his health, and there will no doubt be discovered to you many others of the symptoms of depraved digestion. How does tobacco so used produce this effect? It may produce it in several ways; 1^o Much snuff is unavoidably swallowed, by all who indulge in its use. This needs no explanation; the passage from the nose to the stomach being a very direct one. It has been shown also that tobacco frequently taken into the stomach will impair its tone. Snuff is merely tobacco in powder. Consequently the habit of taking snuff impairs digestion by its direct action on the stomach.

The laws of sympathy may be here called to our aid. The powerful and sympathetic muscle of the sense of smell and the Schneiderian membrane, over the stomach, brain &c. which has been so satisfactorily proved by the repeated and well conducted experiments of the ingenious and indefatigable Dr. Rousseau of Philadel-



phia, afford an easy, and satisfactory, solution of the problem before us. I suffocate into the nose make a strong impression on the Schnechterian nerve, and set off reflexes, which, if you will consider, are communicated to the stomach, liver, and other viscerals, through the medium of sympathetic Agency; to this, and what has been previously said concerning impression on the stomach, this conclusion may be drawn, viz. That the habit of taking snuff, when carried to an extreme, may by its sympathetic, as well as immediate action on the stomach impair its tone, and thus produce dyspepsia. The nervous system also, feels very sensibly, the effects of this habit.

The mind, it is thought, does not escape the prevalent influence of this noxious habit. There is this at improbable, and will admit of an explanation, however, that you, when treating of the effect of chewing and smoking tobacco, on the mind. I think it may be explained in another way, viz. the strong in-

opress which is made on the extremitie of the
falter nerves, is communicated directly to the
brain, and thus by the continuance of this habit, may
be functions of that organ be deranged, and conse-
quently the mind impaired.

That the memory is weakened by this habit, we
have the testimony of its victims themselves. I ~~remember~~
but to have seen somewhere on record, the case of
an intelligent man of an exceedingly retentive mem-
ory, who became an狂热的 sniffer, after he had
sopped the membranes of his nose. This man, as I have
been accustomed to find, he makes much application
and attention daily to snuffing. However, noth-
ing can be added to the amount of his per-
spective, and his gift, as to the habit in which he has
been indulged during the few last preceding
years, he determined to abandon it immediately,
and accordingly did so. He was soon gratified by
the return of his former clear and retentive mem-
ory, in exchange for a foolish and fitful habit.

and the
other
sticks
will be
there
the
other
we can
to have
the man
have a
the man
has a
man
the de
we can
please

The case was, clearly, and satisfactorily, proved that
the man had been exposed to, taking snuff to excess,
and had it so been continued, we may reasonably
conclude that the injury would have continued to increase,
all the memory would have been irrecoverably lost,
and of the others which may be here cited to my
memory of great interest, from a particular fact,
will mostly observe, that the elevated, though
the strongest, is not the only one of the kind of which
I have heard. And when in addition to this, it is, and
also how strong is the case quoted, and also that the
fact may be reasonably explained, upon sound physi-
ological principle, I think I shall be warranted
in the conclusion, that the habit of snuffing tobacco
injury at least one of the faculties of the mind
(memory) and that, we may reasonably infer,
it should do so, escape unhurt.

I also injuries the voice were much. now I have
observed myself, and have frequently
had it remarked by others, how this effect

prohibited? I know not enough of it to, &c. tho' that
one of the medicines having the nose which is
one of the consequences of the frequent and
immoderate application of so active a stimulus as
it, and is sufficient of itself to injure the voice.
This tobacco in this form, &c. injure the body
and voice, ought not this habit also
abandoned?

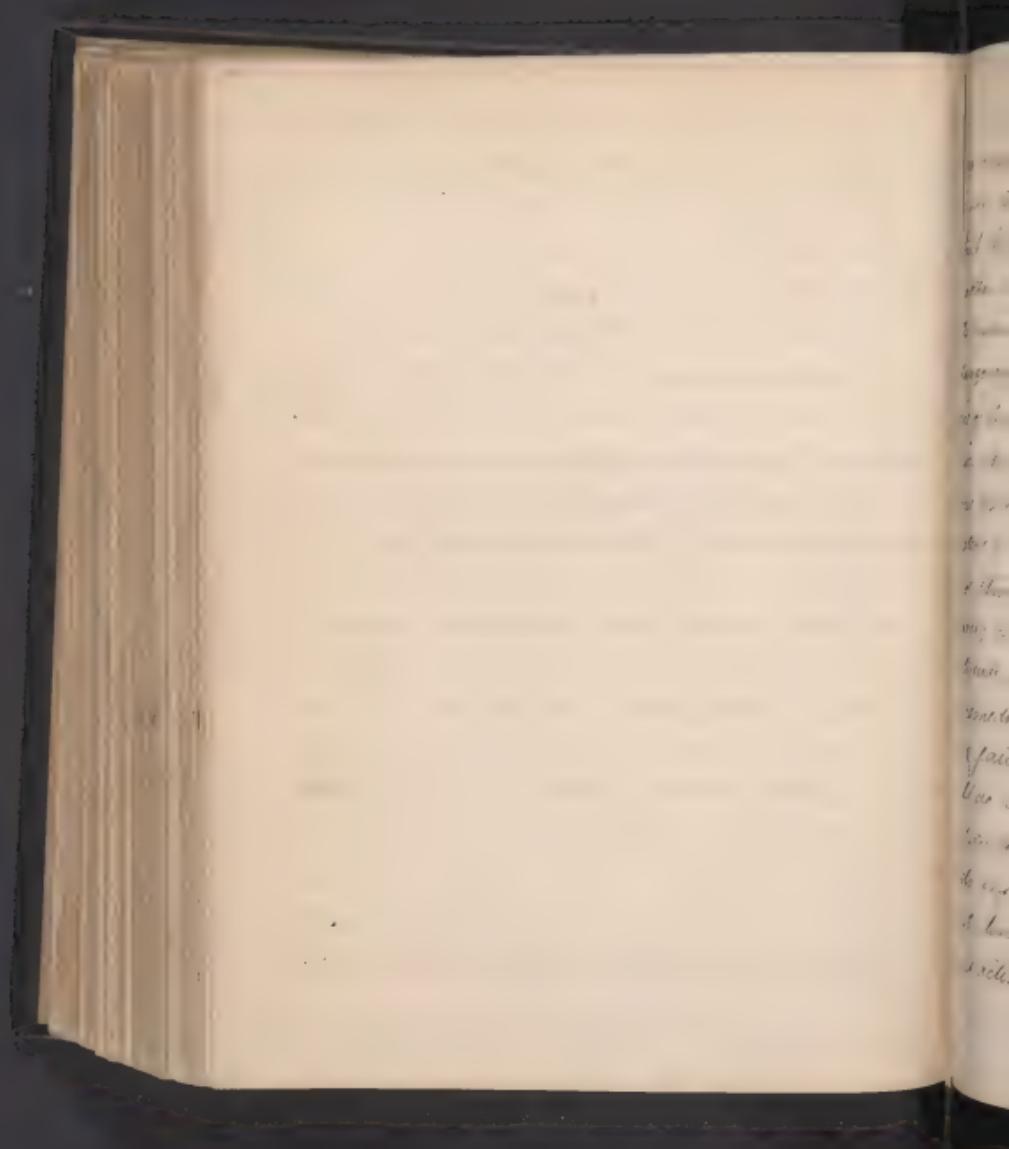
May not some of the pulmonary affections, come
in their origin to the excessive use of tobacco
particularly when snuffed? Another objection has been urged against the habit of
snuffing and smoking tobacco, which is not, and
is not sufficient to condemn it as immoral
and unwholesome, and therefore should cause its
early and immediate abandonment. Sir A. who
had it often before the habit of drinking ardently
said, by creating thirst, to quench which screws
had in a mixture of spirit and water, possible
that it would be injurious, and over dangerous.

is a want done, as much as the latter, as the least
success in the plant would do, or a Strange, un-
happy, and calamitous accident that so swift, in
event, and whole, one a death, as, as described
in water, should be done. unwhole some and ex-
adangerous, and a wretched spirit should be taken
in consider, which is now a rare, the greatest
woe that was ever entailed, foolish, and wicked
man. An omen, as has been emphatically observed
by which none perish, than fall over by the way,
and is the cause of more distress, and lamely die
and than any one cause within my knowledge.
The habit of a smoking, ardent spirit to cough and an
unusually short and now sudden death, and not to
cough, which is, perhaps, more easily known
and is reckon with more difficulty, than any
other. It is a habit too, which with us, is growing
and spreading at a wonderful and truly a horri-
mone, almost keeping pace with the rapid and
unexampled growth of our young and lawless.

very bad is an ordinary fit, from which we
are not so free, than from all our former
comes combined.

Now I look around, and observe with what rapid
it has spread within the few years of my em-
igration, how whole families, educated here
in virtue, & I behold men who but a few years ago
condemned the habit in practice as well as precept,
so fallen a prey to its baneful influence, and become
so much degraded etc. Others I see, who, though not
so advanced, are travelling with a long and rapid
rate, this direct road to ruin, and behold very few
not willing to dispense with their dram or julep as
a morning, or their pote or toddy at dinner. Some
are dead, and am ready to lay out Good Lord
but me I may from the hideous and profligate man
who seems to be bearing down, and crushing all
else nimbly.

Whether this most delectable & all bait in our
convenience & the refuge we require, or not.



my own personal side, others who are not present may
say, but that it may be, and sometimes is, to
be his practice, and that it will induce
other practitioners to do the same; this may
be true, nevertheless, it is my present and even
larger opinion to indulge in no. 1, but when a practice
of incision. To act as follows: if one of these patients
is the case, I contract the patient according to the
method and way which I could best apply in mind,
without causing any damage to him; or who would not
for them a more agreeable and permanent cure.
Having succeeded in the first 2 hours, remain &
allow such for more & such case, the value
of incision is never applied. If then tobacco should
fail to have the desired effect, which I often
see, either from the increased cause existing
or the system having become too much
& its influence, which is the case of 20. I then
but long, continued or frequently applied some
active remedy in search for which is even

found in the bottle. Its contents are eagerly sipped and, and soon are his troubles lulled to sleep, in unbroken forgetfulness: a sleep from which they a wakes refreshed and invigorated, and again prey with relentless violence on their unhappy victim again does he fly for protection to the same disguised insidious enemy, that readily revives as before, only to make more miserable. The same sound is repeated again and again, until the habit of intoxication is established, and this once sober man is now a confirmed sot.

From observation we learn, that when once a man lets the bottle to down his sorrows in, he may bid farewell to sobriety and morality, the ship is irretrievably lost, and must inevitably sink. Let us therefore beware of this shoal on, which so many founders, and as the Immortal Auct^r advised 'Wrote on one of his tablets containing ardent spirits, "Touch not, Taste not, Handle not, or as his able successor advises, Let us unite with the moralist and divine, in dis-

mag
thin
whiskers
thick
dark 2
set more
by the
spoil in
house &
emptied
4 am.
longer
say.
habits
marked
one who
probable
ly vivian
Kember

swaging the consumption of these baneful articles, & then it be our duty to discourage the habit of drinking ardent spirits, and the ~~bad~~ use tobacco does in any way beget this habit, which I have attempted to render highly probable. Is it not also our duty to discourage its use?

By the preceding dissertation I have endeavoured to prove the habit of chewing, smoking, or snuffing tobacco a frequent cause of disease. I have also attempted to render it highly probable, that it has an immoral effect. With what degree of success my efforts have been attended, is not for me to say. But of this I am well assured, that it is a habit, which it would be more to the interest of mankind to exterminate, than continue, and one which should meet with the decided disapprobation of men generally, and of physicians particularly.

George Norton

November 1822.

